



OCTOBER 2011 NEWSLETTER

Volume 4, Issue 10

October 1, 2011

HEALTH NEWS

Seasonal Flu Shots are here!

We will be administering flu shot the month of October. This year you will only need to get one shot, because the H1N1 is included in this year regular seasonal flu vaccine. We do have a limited Number of vaccines so it will be first come first serve. If you have questions contact the Nurse, Danelle Stein at (406)782-0461

Colorectal Cancer Screening

Colorectal cancer is the second most common cancer in American Indians (following lung cancer). We are offering screening to our clients if you are 50 yrs or older or have a family HX of colon cancer call to set up an appointment to be screened. If you have questions contact the Nurse, Danelle Stein at (406)782-0461

Women's Wellness Day

The women's wellness event is scheduled for November 2, 2011. We will be offering women's wellness exams here in the clinic and referring those who need mammograms to Intermountain imaging. Women who are screened for cancer will receive a free breast cancer drawstring bag (examples are hanging behind the front desk). To schedule an appointment please call Angela at 782-0461 after October 17, 2011. If you have any questions please feel free to call.

Patient Registration

The new fiscal year begins October 3, 2011. All clients need to come in and update paperwork. Required documents include: current proof of income, insurance cards, and enrollment or descendency documentation from the tribe.

ALL paperwork must be complete before receiving ANY services.

Anyone needing assistance in obtaining Enrollment/Descendency documentation from their tribe is welcome to come to the NAIA for help during regular business hours.

Any questions may be directed to Angela Longfox at 782-0461.

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Notes

- Dr. McGree will be here on October 6th, 13th, 20th, 21st 2011.
- The Women's Coalition had fund raising at the Pow-Wow, the meeting will be October 17, 2011 at 5:30 bring a friend and your favorite dish.
- Jennifer-Mental Health will be changing her day from Wednesday to Tuesday starting October 1, 2011.
- Our Cultural night will be on October 27, 2011, here at the Center @ 5:30 p.m.
- Our Halloween Party will be October 19, 2011, @ the Blaine Center starting at 5:30

HEALTH NEWS

BUTTE INDIAN WOMEN'S HEALTH ALLIANCE AND BREAST AND CERVICAL PROGRAM WELLNESS DAY

The Women's Coalition had fund raising at the Pow-Wow. Irene Hanley won Flying Eagle, Deb LaJoie won Angel fleece blanket, Alice Sepulveda won Sport fleece blanket and Mandy Armstrong won large pillows. Thanks for everyone donating. The meeting will be October 17, 2011 at 5:30 bring a friend and your favorite dish.

WOMEN'S WELLNESS DAY

Women's wellness day will be November 2, 2011, call Angela to set up your appointment first come, first serve.

CLINIC

Danelle Stein, Registered Nurse is here at the Center Monday-Fridays.

Ida will be at the Center on Tuesdays from 8:00 to 12:00. She will be doing home visits and case management to the diabetics.

Dr. McGree will be here on October 6th, 13th, 20th, 21st 2011.

HEART BUTTE MEDICATIONS

WE WILL BE GOING TO HEART BUTTE ON October 4th and October 18th, 2011. (Just to pick up medications). PLEASE CALL AND LET US KNOW IF YOU NEED TO GO 7 days before we go up. You must also call to refill your medications

ANYONE WHO HAS MEDICAID OR MEDICARE THE ALLIANCE WILL PICK UP YOUR CO-PAYS THE ONLY REQUIREMENT IS THAT YOU UTILIZE OUR CLINIC/PROVIDER IN ORDER FOR US TO DO THIS.

IT IS THE RESPONSIBILITY OF THE CLIENT TO MAKE SURE YOU LET US KNOW ABOUT YOUR MEDICATIONS.

THE CLINIC HAS LIMITED MEDICATIONS HERE AT THE CLINIC YOU MUST COME THRU CLINIC IN ORDER TO GET THEM.

TRANSPORTATION

Transportation will be given by 24 hours notice only. So if you need to go to the doctor or get medications please let us know ahead of time that way we can schedule you in.

**North American Indian Alliance and
MT. Breast and Cervical Program**

WHAT: Women's Wellness Clinic

WHEN: Tuesday 11/2/11

TIME: 8:30—4:00 P.M.

PLACE: 55 E. Galena Butte, MT

PHONE: (406) 782-0461

The Women's Wellness Screening Event will have:

OPENING PRAYER

Pap Tests for Qualified Women 30-65

Breast Exams & Mammograms 40-65 women

Eligible if you are low-income & have no Insurance-call for information

Call for appointments— Bring a Friend!

Educational Health Booths

Health Information Speakers

Victoria Augare-American Indian Screening Coordinator

Breast & Cervical Health Bingo-10:00 A.M.

Family Photo Session—From Weaving Project Kit

Massages

I-Pharm Providers (Will Provide: Cholesterol screening, Bone Density, Hemoglobin A1-C for a fee of \$ 15.00 per test

9:00—12:00

Please pre- register so we will know who will be coming

Door Prizes throughout the day

Free refreshments— Transportation will be provided with 24 hr. notice

COME AND JOIN THE FUN!!

Jennifer-Mental Health will be changing her day from Wednesday to **Tuesday** starting October 1, 2011.

The NAIA will be raffling a dish washer for the Pow-Wow starting in Mid October the drawing will be in December at Cultural Night.

Patty Boggs, Health Coordinator

YOUTH CORNER



Oki Nitakkaa's,

I would like to say that we had a nice Pow-Wow and I was glad to see the kids dancing. Congrats to all those who placed, great job; and to those who just danced you also did a great job. I would like to thank all those for helping out this year at our Pow-Wow and to the staff for the great job!

Here we go starting a new fiscal year. Everyone has to re-sign up for the fiscal year so come in beginning Oct 3rd. Parents please come in right away and sign up the kids so we can start youth group. Parents get ready to come and join in this year it's time.

This coming month I will be going to Butte High School on October 14th, 2011, for the day to speak and answer student questions regarding Native Americans. I will also bring our dance regalia and explain the different dances, I will bring a few Native recipes and other interesting items. I hope to get more of our older children interested and signed up for youth group.

I was at East Middle school for their open house on Sept. 15, 2011, and gave away a few items which the kids really liked. They had a big turnout with a lot of parents there. It was nice to see so many parents still involved with their children. I also went to Chico Hot Springs for training on September 22, 2011. I did take my vacation and now I'm ready to start our new year; let's have a great one!

Our **Cultural night will be on October 27, 2011**, here at the Center @ 5:30 p.m. Our speaker will be from the Foster Care Recruiting Committee and I hope that a lot of the families show up because they would like to find more Native foster care homes for the kids in the system. There is a great demand for Native homes.

Our **Halloween Party will be October 19, 2011, @ the Blaine Center starting at 5:30 p.m.** We will be having hot dogs, chips and juice. Mark your calendars with all the events so that you won't forget.

If anyone has any questions please give me a call here at the Center, my number is 782-0461. If you miss me please leave a voice message and I'll get back to you as soon as I can.

Alta Boggs Longfox
Youth Facilitator

This month's story will follow on the next page.

Why the Night Hawk's Wings are Beautiful

I was awakened by the voice of the camp-crier, and although it was yet dark I listened to his message.

The camp was to move. All were to go to the mouth of the Maria's--"The River That Scolds at the Other"--the Indians call this stream, that disturbs the waters of the Missouri with its swifter flood.

On through the camp the crier rode, and behind him the lodge-fires glowed in answer to his call. The village was awake, and soon the thunder of hundreds of hoofs told me that the pony-bands were being driven into camp, where the faithful were being roped for the journey. Fires flickered in the now fading darkness, and down came the lodges as though wizard hands had touched them. Before the sun had come to light the world, we were on our way to "The River That Scolds at the Other."

Not a cloud was in the sky, and the wind was still. The sun came and touched the plains and hilltops with the light that makes all wild things glad. Here and there a jackrabbit scurried away, often followed by a pack of dogs, and sometimes, though not often, they were overtaken and devoured on the spot. Bands of graceful antelope bounded out of our way, stopping on a knoll to watch the strange procession with wondering eyes, and once we saw a dust-cloud raised by a moving herd of buffalo, in the distance.

So the day wore on, the scene constantly changing as we travelled. Wolves and coyotes looked at us from almost every knoll and hill-top; and sage-hens sneaked to cover among the patches of sagebrush, scarcely ten feet away from our ponies. Toward sundown we reached a grove of cottonwoods near the mouth of the Maria's, and in an incredibly short space of time the lodges took form. Soon, from out the tops of a hundred camps, smoke was curling just as though the lodges had been there always, and would forever remain. As soon as supper was over I found the children, and together we sought War Eagle's lodge. He was in a happy mood and insisted upon smoking two pipes before commencing his storytelling. At last he said: "Tonight I shall tell you why the Night-hawk wears fine clothes. My grandfather told me about it when I was young. I am sure you have seen the Night-hawk sailing over you, dipping and making that strange noise. Of course there is a reason for it.

"OLD-man was travelling one day in the springtime; but the weather was fine for that time of year. He stopped often and spoke to the bird-people and to the animal-people, for he was in good humor that day. He talked pleasantly with the trees, and his heart grew tender. That is, he had good thoughts; and of course they made him happy. Finally he felt tired and sat down to rest on a big, round stone--the kind of stone our white friend there calls a boulder. Here he rested for a while, but the stone was cold, and he felt it through his robe; so he said:

"'Stone, you seem cold today. You may have my robe. I have hundreds of robes in my camp, and I don't need this one at all.' That was a lie he told about having so many robes. All he had was the one he wore. "He spread his robe over the stone, and then started down the hill, naked, for it was really a fine day. But storms hide in the mountains, and are never far away when it is springtime. Soon it began to snow--then the wind blew from the north with a good strength behind it. OLD-man said:

"'Well, I guess I do need that robe myself, after all. That stone never did anything for me anyhow. Nobody is ever good to a stone. I'll just go back and get my robe.'

"Back he went and found the stone. Then he pulled the robe away, and wrapped it about himself. Ho! but that made the stone angry -- Ho! OLD-man started to run down the hill, and the stone ran after him. Ho! it was a funny race they made, over the grass, over smaller stones, and over logs that lay in the way, but OLD-man managed to keep ahead until he stubbed his toe on a big sage-brush, and fell--swow!

"'Now I have you!' cried the stone--'now I'll kill you, too! Now I will teach you to give presents and then take them away,' and the stone rolled right on top of OLD-man, and sat on his back.

"It was a big stone, you see, and OLD-man couldn't move it at all. He tried to throw off the stone but failed. He squirmed and twisted--no use--the stone held him fast. He called the stone some names that are not good; but that never helps any. At last he began to call:

"'Help!--Help!--Help!' but nobody heard him except the Night-hawk, and he told the OLD-man that he would help him all he could; so he flew away up in the air--so far that he looked like a black speck. Then he came down straight and struck that rock an awful blow--'swow!--and broke it in two pieces. Indeed he did. The blow was so great that it spoiled the Night-hawk's bill, forever--made it queer in shape, and jammed his head, so that it is queer, too. But he broke the rock, and OLD-man stood upon his feet.

"'Thank you, Brother Night-hawk, ' said OLD-man, 'now I will do something for you. I am going to make you different from other birds--make you so people will always notice you.'

"You know that when you break a rock the powdered stone is white, like snow; and there is always some of the white powder whenever you break a rock, by pounding it. Well, Old-man took some of the fine powdered stone and shook it on the Night-hawk's wings in spots and stripes--made the great white stripes you have seen on his wings, and told him that no other bird could have such marks on his clothes.

"All the Night-hawk's children dress the same way now; and they always will as long as there are Night-hawks. Of course their clothes make them proud; and that is why they keep at flying over people's heads--soaring and dipping and turning all the time, to show off their pretty wings.

"That is all for tonight. Muskrat, tell your father I would run Buffalo with him tomorrow--Ho!"

BEHAVIORAL NEWS

Mitakuye Oyasin

Greetings from the Behavioral Health Department.

The summer was relatively busy as far as the CD component of the BH program was concerned and we look for that to increase now that school is back in session.

September seems to have flown by. We of course enjoyed the NAIA Annual Pow Wow and it was a good one again. I think that the NAIA staff outdid themselves again this year. The Fun Run/Walk was well attended and each session was well represented. I thought that the dancing was spectacular. I know that the staff worked hard and the meal was great. Those who were involved in any way deserve a hand for their effort.

The Medicine Wheel group continues to flourish and grow. It is a cultural approach to becoming sober and maintaining sobriety. I think that those involved in the group are getting a lot out of recovery and understanding the reality of living sober. Our program offers Assessments, Out Patient Treatment, Cultural Treatment methods, Continuing Care and appropriate referral.

Remember that we can assist you in your attempts to discover whether or not you have a problem with alcohol or drugs and we will be glad to help in any way we can.

October is upon us, and the fall colors are soon to be in full force. Enjoy the new month and the beautiful colors that it brings.

Remember all the gifts that have been given to us by the Creator and remember to give thanks.

William A. Martin BS/LAC

NORTH AMERICAN INDIAN ALLIANCE

55 East Galena
Butte, Mt 59701

Address Service Requested

Hours: Monday Thru Thursday 8:00 a.m.— 5:00 p.m.
Friday 8:00 a.m. 4:00 p.m.
Closed Noon—1:00 p.m. for Lunch

Phone: 406-782-0461
Fax* 406-782-7345

*“Collaborative Approaches to Building Healthy
Communities in Indian Country”*

